THE GET WELL BOOK

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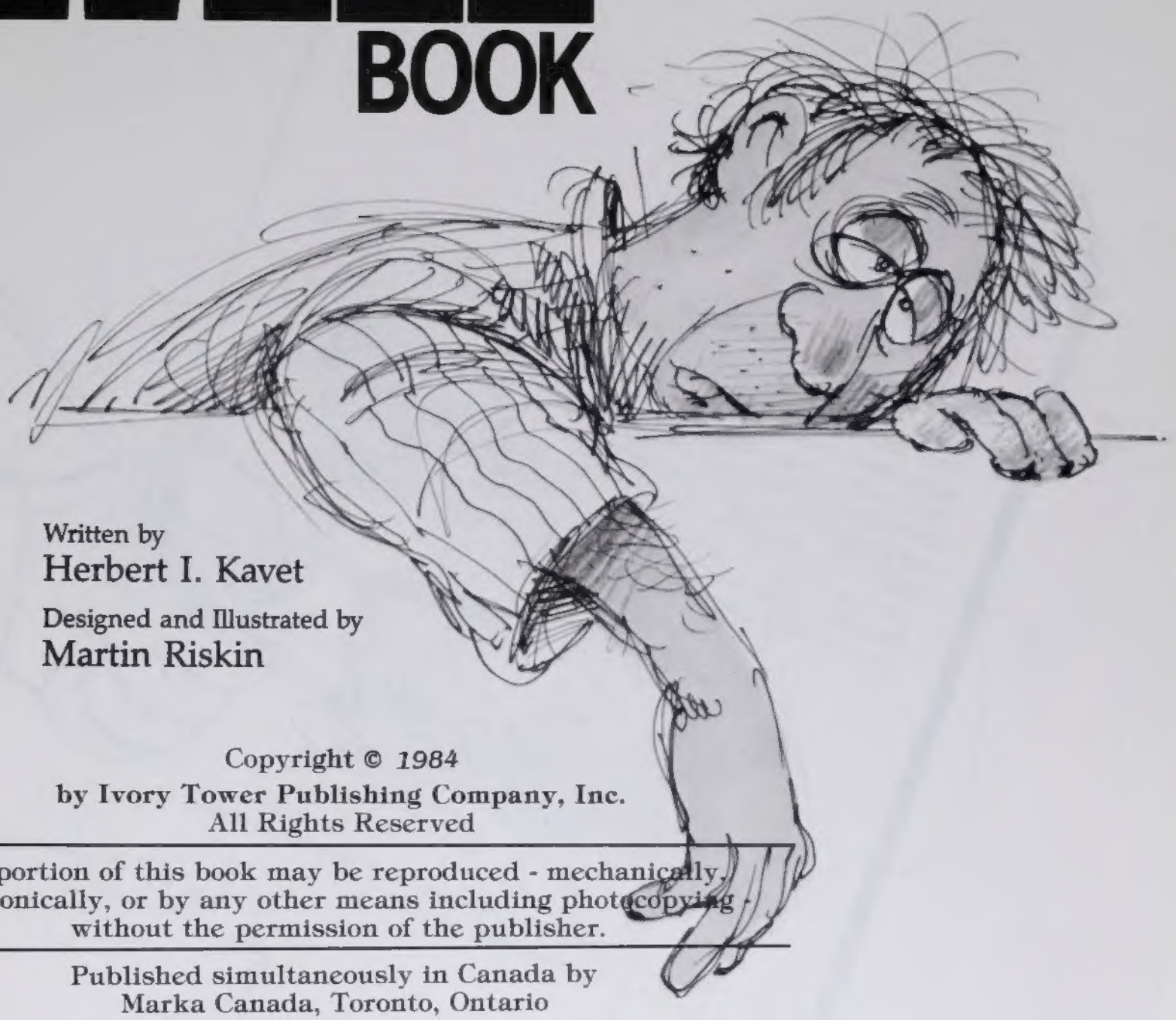

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My Dear Fellow American:

It pains me greatly to learn that you are not feeling well. In difficult times such as these, with the economy struggling and the nation desperately needing experienced leadership, it is a blow to all of us to learn you are temporarily absent from the work force. I have instructed my budget director to make the necessary adjustments in our projections for the new fiscal year.

The First Lady and myself hope you will regain your strength quickly and rejoin your countrymen in pulling this great nation forward. Meanwhile, we will continue to collect your withholding taxes 'cause those military appropriations are fiercely expensive.

Your President

P.S. The Surgeon General recommends lots of liquids and plenty of wishes you had listened to his advice.

How To Tell If You Are Really Sick

How often has this happened to you? You wake up with your eyelids stuck together and sandy, your throat is scratchy, you feel vague headachy feelings, and you didn't even party the night before. You lie in bed trying to justify **staying** in bed. How can you determine if these symptoms represent an illness serious enough to stay home?

How to tell if you are really sick.

This is easy. Ask yourself the following medically approved analytical questions:

1. **Is the boss out of town?**
2. **Is it a great beach day?**
3. **Is an unfinished paper or major project due?**
4. **Is the weather inclement or very cold?**
5. **Is there fresh new powder for skiing?**
6. **Is there a nearby bed partner promising to make your head swim?**
7. **Is it Spring? Summer? Fall?**

If **any** of your answers are yes, you are surely sick, and it would be a tremendous disservice to your friends and coworkers to expose them to your germs.

Better stay home.

Suppose, however:

1. it's a weekend;
2. you have tickets to a great game or show;
3. it's payday;
4. you have a super date for lunch;
5. an in-law is staying with you;

AND

you **still** feel droopy and headachy.

This is considerably more serious. It appears you are **really really** sick and you should get some competent medical attention at once.

What the Doctor Says:

"Wellllll, what have we here..."

What the Doctor Really Means:

Since he hasn't the foggiest notion of what it is, the doctor is hoping you will give him a clue.

What the Doctor Says:

"This should be taken care of right away."

What the Doctor Really Means:

"I'd planned a trip to Hawaii next month but this is so easy and profitable that I want to fix it before it cures itself."

Being sick can be one of the great pleasures of life, provided you are not **too** sick.

When you are sick, the first requirement is for plenty of rest. To ensure complete rest, you must keep noise levels down by controlling the following sources of disturbance.

Phone

You won't believe the amount of wrong numbers, telephone solicitations, and friends who will call thinking they have to cheer you.

Avoid halfway measures with these nuisances. If you don't have a telephone answering machine that can inform everyone your 108° fever precludes you from leaving your ice bath, simply cut off the instrument.

The reason more people do not do this is they are waiting for a call back from the doctor. There is no solution to this problem.

Kids

Besides asking useless questions, fighting with siblings, and playing loud music or full-volume TV, kids can make more banging-around noises than there are decibels to describe. Since kids are not used to seeing adults sick, they will have little understanding and consideration for your problem. Short of giving them a good belt or two (assuming you're strong enough), the only way to keep kids quiet is to show them BLOOD. Blood they can relate to and it scares the hell out of them. A little creative use of ketchup will turn most kids to jelly.

Heating or air conditioning noises, appliance hums, and house creaks must be lived with. (The repairmen would distrub you even more than the rattles they are fixing.) Outside traffic roaring and neighbor noises are also unbeatable. What do you think those "Quiet Hospital Zone" signs are for, anyway?

To help overcome these disturbances the ever-helpful medical profession has come up with a suggestion. **"Drink lots of liquids."** This is good advice. Not only will you end up peeing through your ears and passing all those germs to the fishes, but with even the most primitive liquor cabinet, you should be able to drink yourself into quiet oblivion.

"Drink lots of liquids."

What the Doctor Says:

"We'll see."

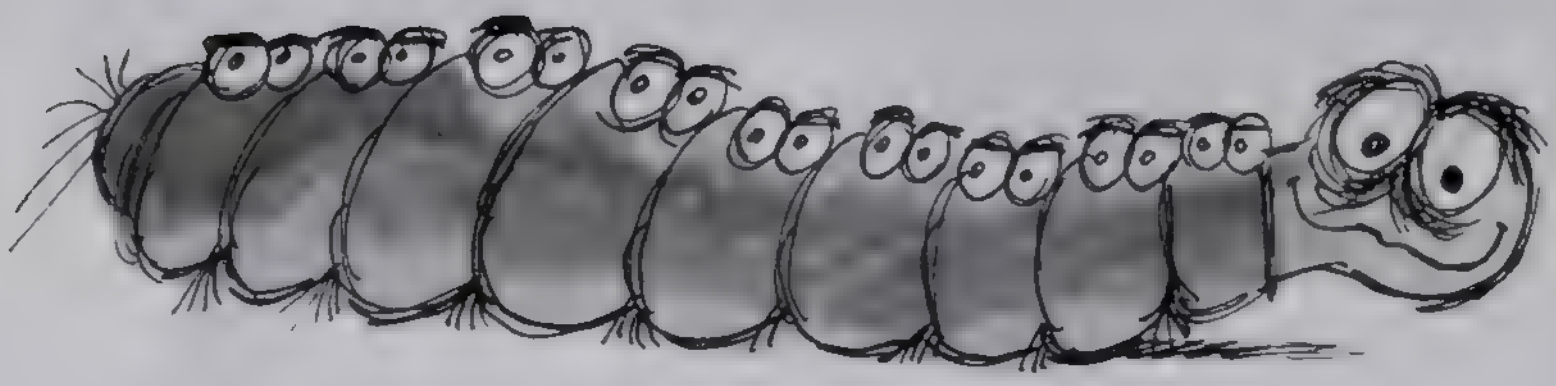
What the Doctor Really Means:

"First I have to check my malpractice insurance."

Germs and Critters That Make You Sick

Tinglefuds

Cause tremendous gas pressure in your bowels whenever attractive members of opposite sex are about.



Schmendrik Snout

When angered by excessive nose picking, these vindictive little critters close and clog nasal passages and make it almost impossible to breathe.

Sogret

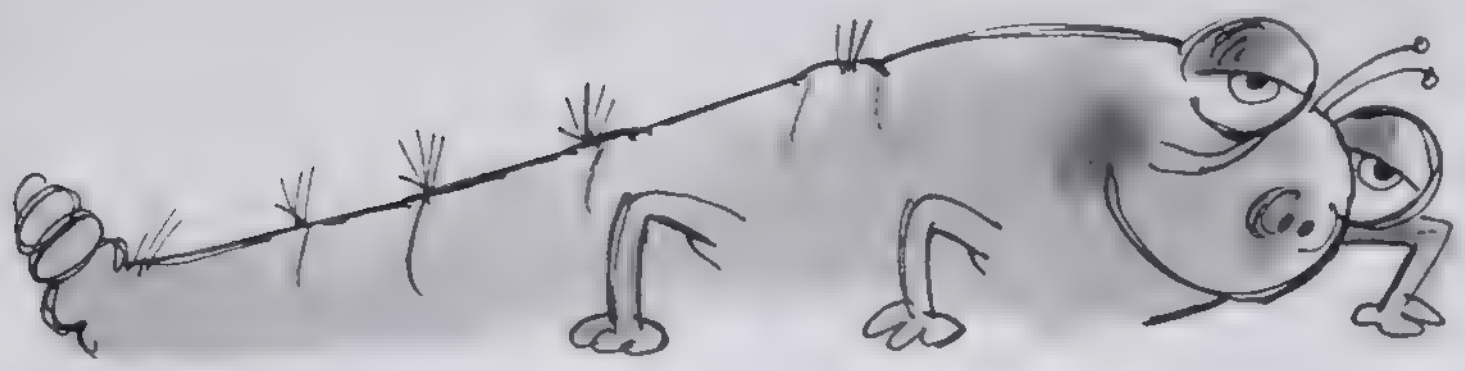
Never let two Sogrets get together. They wil fight and bicker until they give you a migraine you will never forget.

The Chocorun

Bitterness caused by lack of hot fudge brownies and chocolate eclairs by people on diets stimulate this intestinal devil. He will keep you running between your bed and the toilet until you've lost enough weight to feel comfortable feeding him his favorites again.

Tellerand

These dangerous bacteria will cause nausea when activiated by too much exercise. Stay in bed and watch TV soaps for a day or two to send these critters down the drain.



Likestoeat Virus

This little critter is inflamed by stress and strain of regular work hours. He is easily disarmed by taking a few days off

What the Doctor Says:

"Let me check your medical history."

What the Doctor Really Means:

"I want to see if you've paid your last bill before spending any more time with you."

What the Doctor Says:

"Why don't you make an appointment later in the week."

What the Doctor Really Means:

"Wednesday I play golf."

What the Doctor Says:

"I really can't recommend seeing a chiropractor."

What the Doctor Really Means:

"I hate those guys mooching in on our fees."

Gaining Sympathy

Gaining sympathy should be a primary objective of a sick person. Sympathy provides added care, quiet and consideration, more visitors, gifts, and if handled correctly, can put sufficient guilt on your family and friends to carry over weeks and months after you are totally recovered.

Certain types of illnesses, of course, gather more sympathy than others, for example:

Poor Sympathy Potential	Good Sympathy Potential
Cold	Pneumonia
Bad back	Anything wrapped in plaster
Headaches	Migraines
Upset Stomach	Intestinal dyspepsia
Stiff Neck	Cervical sprain
Sore Throat	Strep throat

Sometimes just changing a word or two of your sickness can do wonders for sympathy. Diarrhea, for example, sounds disgusting and inconsequential, but mention dysentery and everyone knows you are a person who has traveled the world.

Once you have a colorful description of your illness, the next step in gaining sympathy is the judicious use of grimaces, winces, and whimpers.

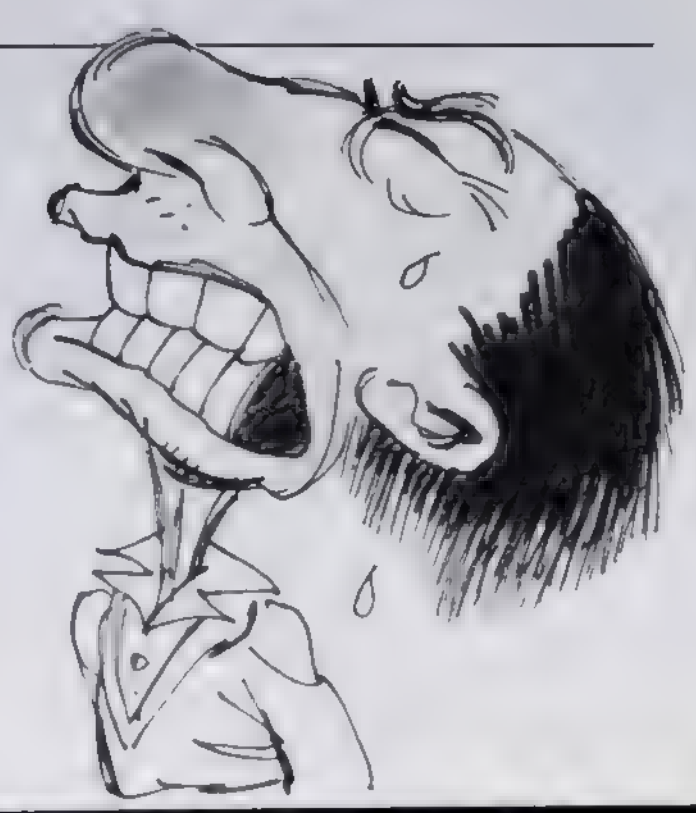
Gaining Sympathy

The "Flash-of-Pain" Grimace

A fleeting contraction of the facial muscles, held for the count of two and waved off as "just something I've got to learn to live with."

The Involuntary Wince

Whenever anyone touches you — anywhere. Be forgiving. "I'm sorry, but it hurts so **much**."



The Stoic Whimper

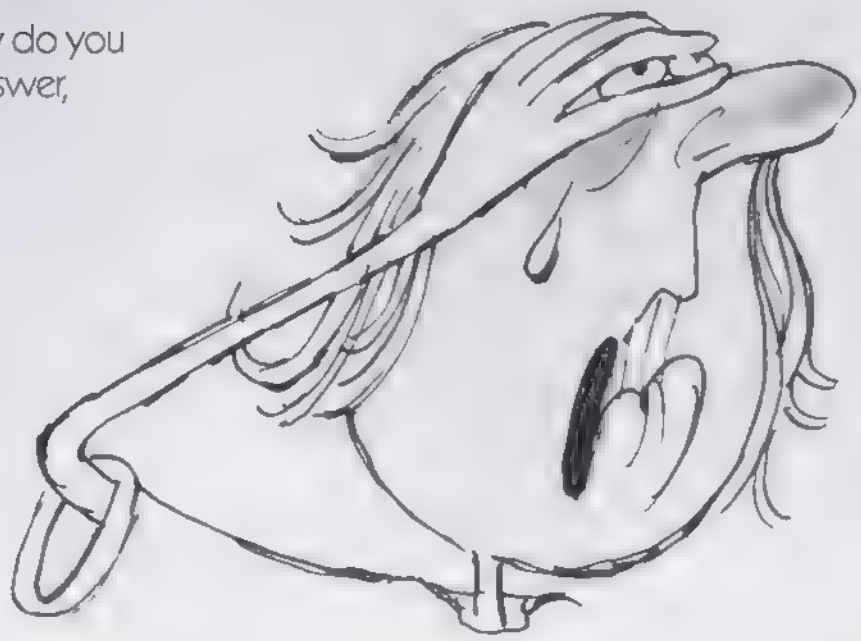
Close your eyes, avert your face, and let your body be racked with silent sobs for a long moment, then whisper, "Oh, my God."

Holding on 'til Your Knuckles Get White

To the sheets, to a rolled-up magazine, to the arm of the visitor, saying, "Wait a second, okay, it'll pass."

Clenching Your Teeth

An effective response to, "How do you feel?", accompanied by the answer, "Oh, not so bad, I guess."

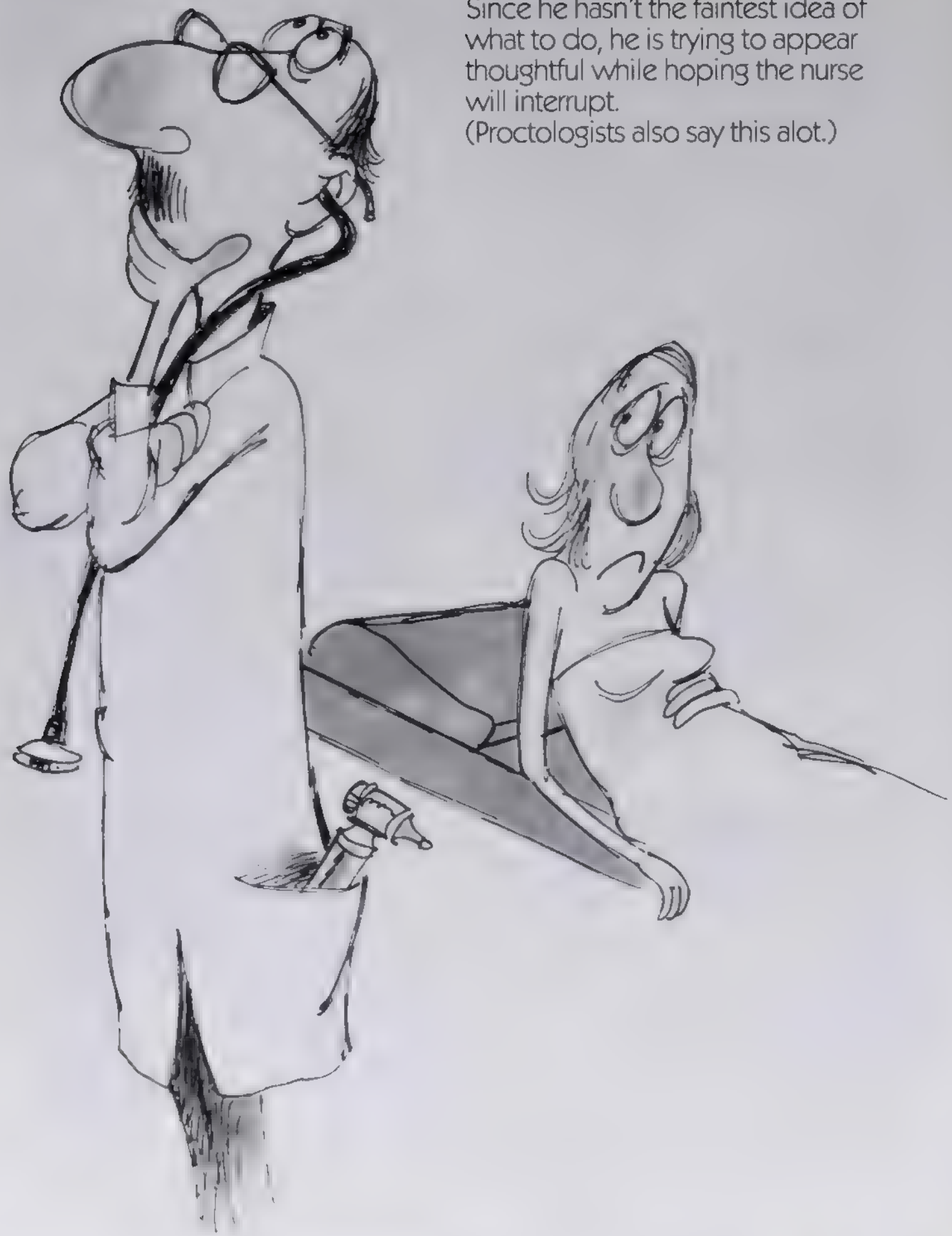


What the Doctor Says:

"Hmmmmmmmmmmmm."

What the Doctor Really Means:

Since he hasn't the faintest idea of what to do, he is trying to appear thoughtful while hoping the nurse will interrupt.
(Proctologists also say this alot.)

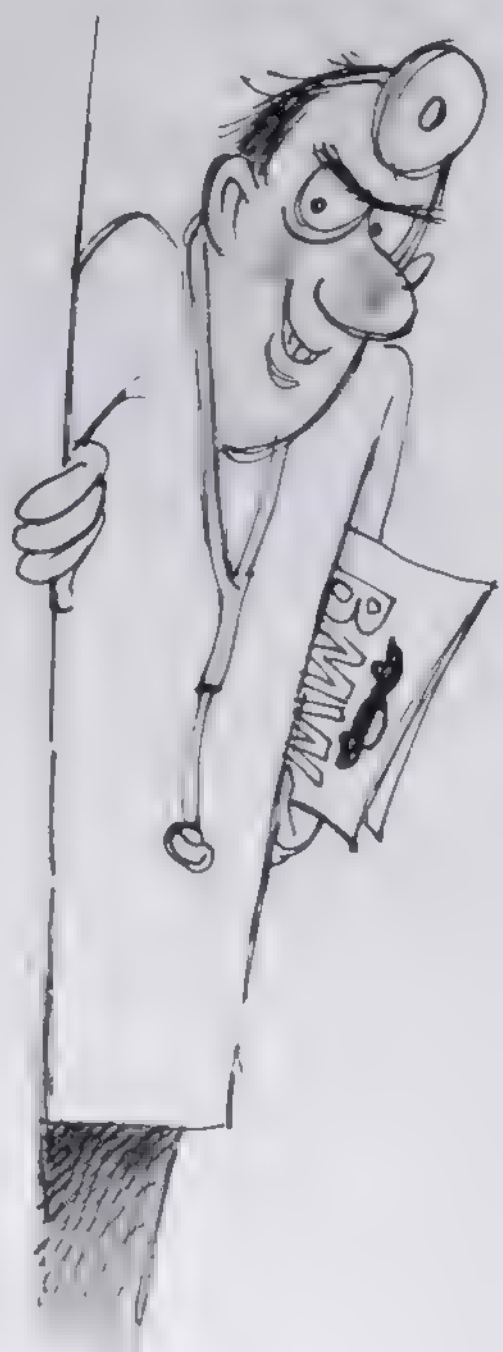


What the Doctor Says:

"We have some good news and some bad news."

What the Doctor Really Means:

The good news is he's going to buy that new BMW, and the bad news is that you're going to pay for it.



What the Doctor Says:

"Let's see how it develops."

What the Doctor Really Means:

"Maybe in a few days it will grow into something that can be cured."

When You Are Trying to Sleep

Your dog will get into a fight with another animal. This is true even if you don't have a dog.

Though you live in an ecological wasteland and there hasn't been a chirping bird heard for a season, one will screech outside your window.

Neighborhood kids will bounce tennis balls off the sides of your apartment even though you live on the 26th floor.

If you live on a houseboat anchored 12 miles out to sea, honking cars will still wake you.

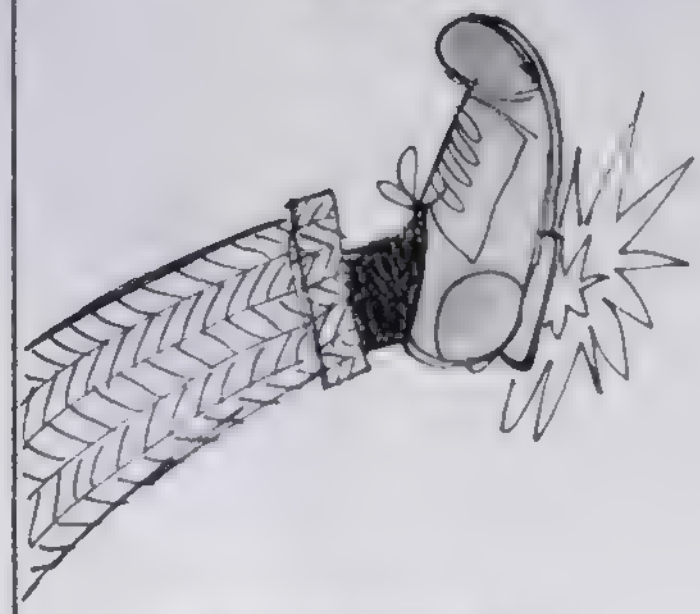
Don't ask me to explain it, these things just happen.

Door Knob Signs To Help You Recover

COME ON IN

I Need All
The
Friends I Can
Get!

I'd Like To Help You Out



Which Way Did
You Come In?

THE STUD

IS IN

The Princess

Is Not Granting Audiences Until

_____

What the Doctor Says:

"Let me schedule you for some tests."

What the Doctor Really Means:

"I have a 40% interest in the lab."

What the Doctor Says:

"I'd like to have my associate look at you."

What the Doctor Really Means:

'He's going through a messy divorce and owes me a small fortune."

Pills

Pills range from little round slippery good tasting ones which are no problem to take, to giant dry capsules filled with throat choking vile medicine which are more terrifying than rectal thermometers.

The only prob em with the little round slippery ones is that it is impossible to only roll one out of the bottle at a time. By the time you pick the extras off the floor and out of your wet palm and put them back in the little bottle, they are so contaminated as to be practically valueless.

The size and coating of a pill have nothing to do with its strength or effectiveness. The size is determined by available machine time at the pharmaceutical company. If the horse pill machine is available on the day your anti-inflammatory drug is being made, that is likely the size you'll get

What the Doctor Says:

"If it doesn't clear up in a week, give me a call."

What the Doctor Really Means:

"I don't know what the hell it is. Maybe it will go away by itself."

What the Doctor Says:

"That's quite a nasty looking wound."

What the Doctor Really Means:

"I think I'm going to throw up."

If your illness requires a hospital stay, there is nothing more disconcerting than the strange noises you hear at night. This nocturnal sound chart will give you an idea of what these noises mean.

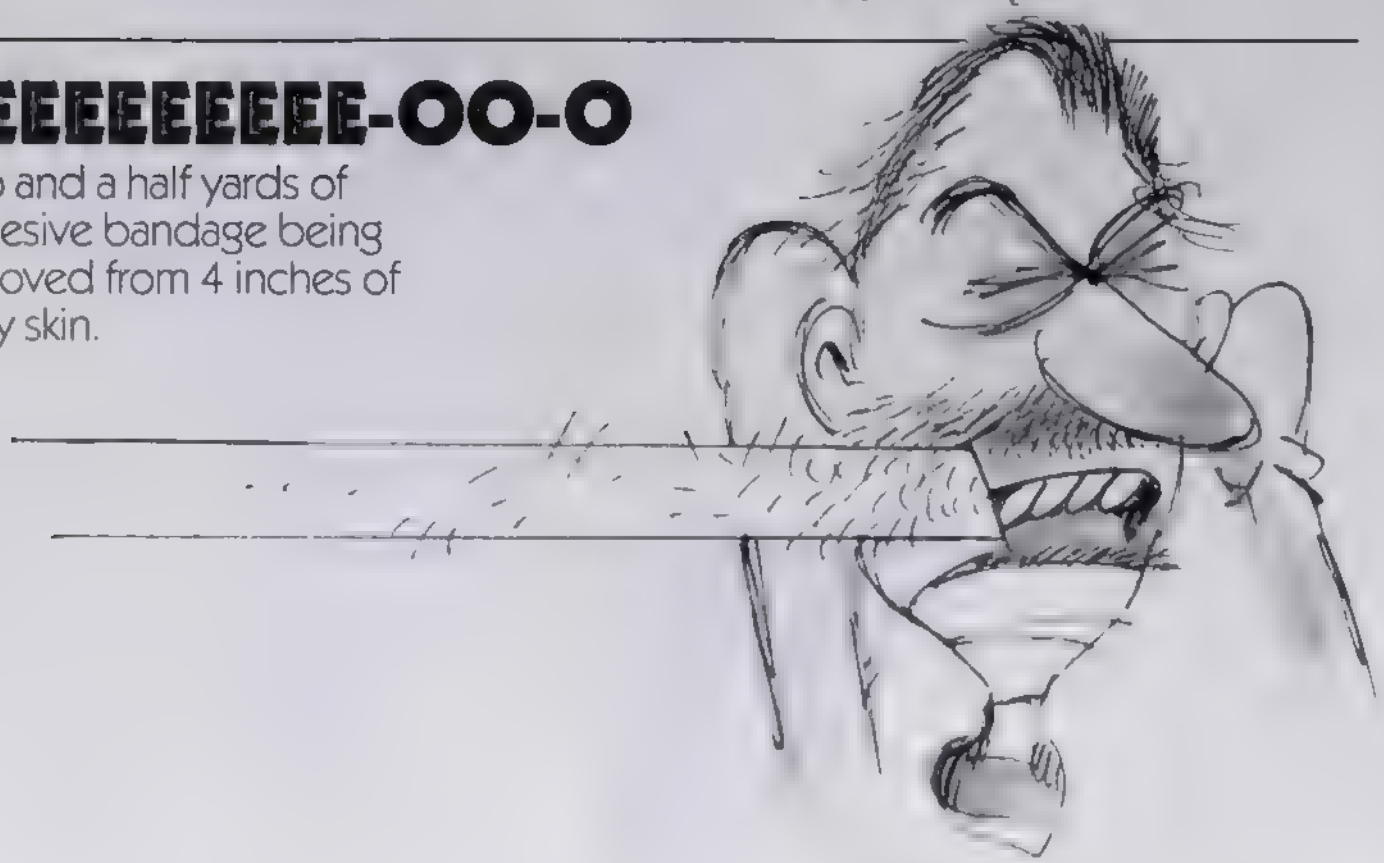
Nocturnal Sound ID Chart

EH, EH, EH!

This is a 70 year old woman with a 98.6 degree bottom sitting on a 34 degree bed pan.

EEEEEEEEEE-OO-O

Two and a half yards of adhesive bandage being removed from 4 inches of hairy skin.



AAAAAA-RG

A patient trying to swallow three aspirin that have already begun to dissolve in his mouth.

00-00-00-00

A burly nurse inserting a cold rectal thermometer without the use of a lubricant.

Yi Yi Yi Yi YAH!

A 92 year old gall bladder case being fed beef broth through his nose.

What the Doctor Says:

"This may smart a little."

What the Doctor Really Means:

"Last week two patients bit through their tongues."

What the Doctor Says:

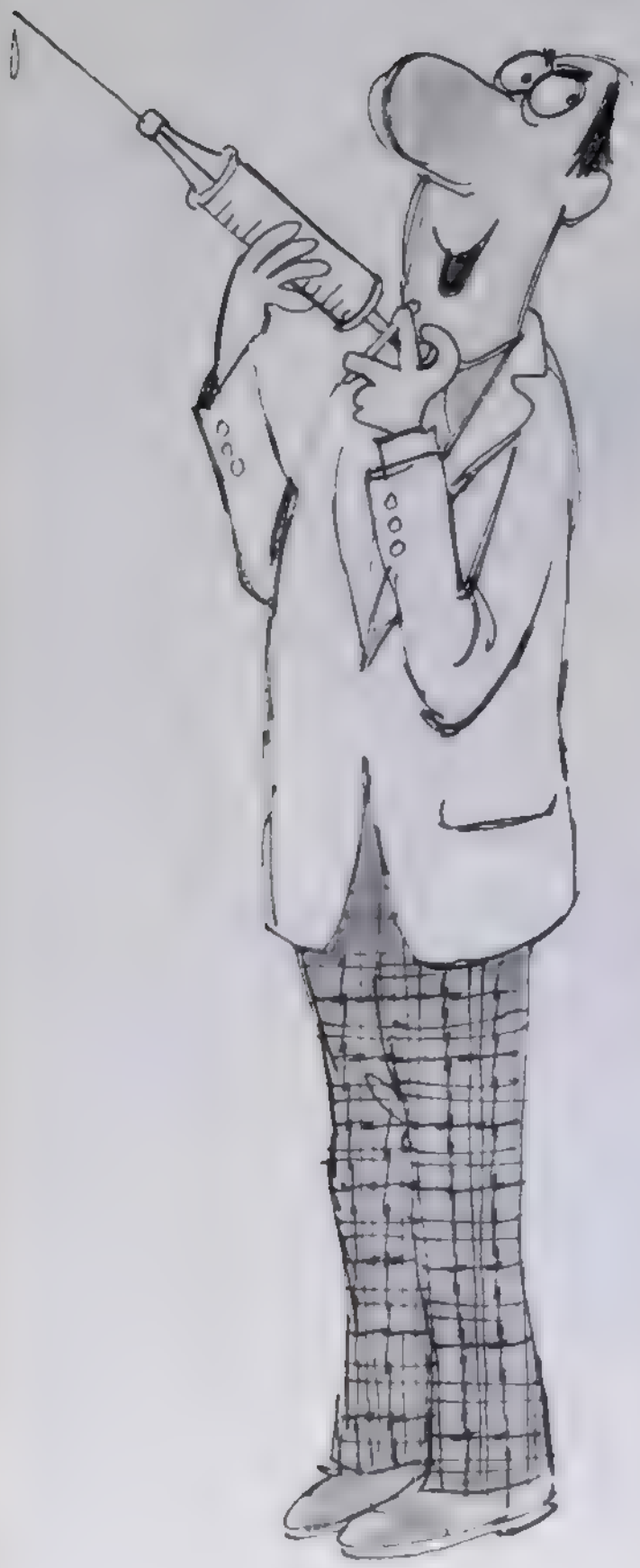
"Well, we're not feeling so well today, are we?"

What the Doctor Really Means:

"I can't remember your name, nor why you are here."

What the Doctor Says:

"This should fix you up."



What the Doctor Really Means:

"The drug salesman guaranteed that it kills all symptoms."

What the Doctor Says:

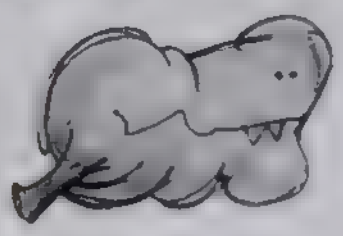
"Everything seems to be normal."

What the Doctor Really Means:

"I guess I can't buy that new beach condominium after all."

Patient's Guide to Little Known Glands and Organs

SPINAX



A Spinax can make you fu of pain, said Issac Lonken, a noted Tibetan healer. "Itzy" was right. Let's say a construction derrick falls on you. Then the Spinax takes over and fills you full of a lot of pain. Watch out for your Spinax.

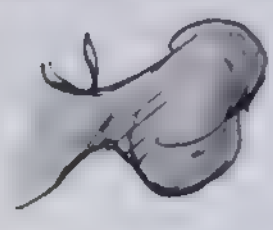
BUFO VIRIDIS

"Buffy," as this organ is known in the anatomical trade is a robust little sac of green corpuscles responsible for the greenish skin color during nausea.

DACTELYNUM

The skinny litt e tube when irritated wi encourage growth of hair in the mouth and throat. Never, never annoy the dactelynum if you don't want a fuzzy tongue

VOLNIC BUTTON

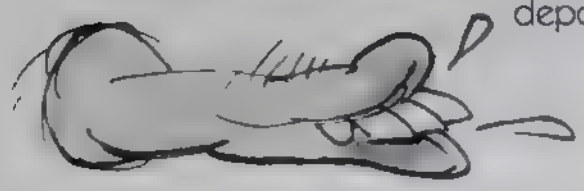


This happy go lucky little gland or protuberance when pressed will convulse into a tearful spasm of giggling. So never press your Volnic during periods that require serious attentiveness

TUBMAN'S TEAT

A small duct ocated over the heart Tubman's teat is stimulated by boredom when driving a car and causes an uncontrollable urge to pick your nose

LATHYMUR



A proteal gland in the upper palate which secretes tartar deposits into teeth.

DANDINUS ROKE

Also known as the Toke Roke, which releases spasms during pot smoking

TRIGULA

A small, round, muscular ball located in the upper digestive system disperses tiny hemorrhoidal armies into the bowel canals to make constipation as painful as possible and to teach you a lesson.

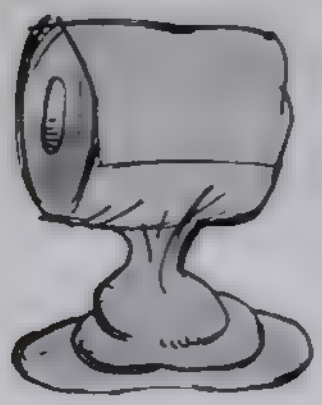
CORNUBALIS

A tiny but very cute little gland located in the foot which secretes material that ultimately degenerates into common foot corns and blisters

RHOMB

This highly intelligent organ regulates flow of sperm during ejaculation. Be nice to your Rhomb otherwise it will shut you off. Your Rhomb is very sensitive and its feelings are hurt easily

RUMPEAS



The g and that was discovered by Sidney Rumpeas, secretes juices that make people go to the bathroom at the most inopportune times, mostly when 20 miles from the nearest john.

THYMBLE GUT

Twin glands of the intestinal tract help the body assimilate large amounts of Chinese food and make you hungry one hour after eating it.

SHLEGORUS

A shy gland which, when activated, causes knees to shake uncontrollably during stressful situations

GELP

This gland is chiefly responsible for the lint deposits that accumulate in belly buttons

What the Doctor Says:

"I'd like to run some more tests."

What the Doctor Really Means:

"I can't figure out what's wrong. Maybe the kid in the lab can solve this one."

What the Doctor Says:

"Do you suppose all of that stress could be affecting your nerves?"

What the Doctor Really Means:

He thinks you are crazy and is hoping to find a psychiatrist who will split fees.

What the Doctor Says:

"Why don't you slip out of your things."

What the Doctor Really Means:

"I don't enjoy this any more than you do, but I've got to warm my fingers up somehow."

What the Doctor Says:

"If those symptoms persist, call for an appointment."

What the Doctor Really Means:

"I've never heard of anything so disgusting. Thank God I'm off next week."

What the Doctor Says:

"There is a lot of that going around."

What the Doctor Really Means:

"My God, that's the third one this week. I'd better learn something about this."

IVORY TOWER PUBLISHING COMPANY, INC.

These other fun books are available at many fine stores or by sending $3.00 ea. directly to the publisher

2000 - Do Diapers Give You Leprosy? A humorous look at what every parent should know about bringing up babies.

2008 - Adult Connect The Dots. You played connect the dots as a child, but never like this!

2015 - Games You Can Play With Your Pussy. And lots of other stuff cat owners should know.

2020 - A Coloring Book for Pregnant Mothers To Be. Tender and funny, from being unable to see the scale to controlling your proud parents.

2026 - Games You Can Play In Bed. A humorous compendium covering everything from Bedtime Bingo to Things To Do at 3:45 A.M.

2027 - How To Pick Up Girls. Bridget is back to show all philanderers some proper pick-up techniques.

2034 - You Know You're Over Forty When... You think "Grass" is something to cut and "Getting a little action" means your prune juice is working. A perfect 40th birthday gift.

2041 - You Know You're Into Kinky Sex When ... Hugh Hefner asks you for your autograph; you have tied up the paper boy at least three times this month; and many, many more.

2042 - Cucumbers Are Better Than Men Because... They don't care if you shave your legs, and they never walk around your place when the shades are up. At last, ladies, revenge for all our male chauvinist books.

2059 - Small Busted Women Have Big Hearts. Finally a book that boasts the benefits of being small busted in our society where bigger is better! A super way to bolster the ego of every slender woman.

2061 - I'd Rather Be 40 Than Pregnant... Or worrying about getting into graduate school, or travelling with young children, or getting no respect at a ritzy store. Great moral support for women reaching the diaperless age.

2064 - The Wedding Night - Facing Nuptual Terrors. For brides and grooms alike: What To Do If He Wants To Take Pictures; What To Do If She Won't Come Out Of The Bathroom; and many more hilariously funny situations newlyweds may encounter.

2065 - Best Mom In The World. The world's best Mom is the only one who can unclog toilets, sort everyone's socks and underwear, and bait fish hooks. A super gift for moms.

2066 - Dad, Best Friend In The World... Knows the value of a Sunday nap and knows enough not to give mom and the kids driving lessons. He is an expert explainer of the facts of life. A perfect gift for every father's day occasion.

2067 - It's Time To Retire When... Your boss is younger than you are, you stop to think and sometimes forget to start again, or you feel like the morning after and you swear you haven't been anywhere.

2068 - Sex Manual For People Over 30. Includes great excuses for non-performance, rediscovering foreplay, and how to tell an orgasm from a heart attack.

2101 - Peter Pecker's Guide To The Male Organ. A detailed analysis of the types of men who own Wee Wees, Members, Weenies, Dinks, Schlongs, No Nos, Tools, Wangs, and many others. Everyone is covered, from accountants to taxi drivers.

2102 - You Know You're Over 50 When... You add "God willing" to the end of most of your statements and you don't care where your wife goes when she goes out, as long as you don't have to go with her. A great 50 year old birthday gift.

2103 - Horny People. Find out who is horny (bosses and bearded men and people with cable T.V.) and who is not (plumbers and skinny people and real estate agents) and the secrets of why.

2105 - As Old As You Feel - A Birthday Book. A great birthday gift that proves chronological age has nothing to do with how you act and feel. This book lets a person find their real age by examining habits and preferences with booze, sex, music, and morality.

2109 - The Get Well Book. Cheer up sick folks with this book that teaches them how to gain sympathy, what the doctor really means and how to cope with phones, kids, germs and critters that make you sick.

2121 - More Dirty Crosswords. This latest edition of dirty crosswords will test your analytical powers even further as you struggle to improve your vocabulary.

2123 - You Know You're Over 60 When... You're 60 when you start straddling two road lanes, you start looking forward to dull evenings at home, and you can't remember when prunes and figs weren't a regular part of your diet.

2126 - After All These Years. An Anniversary Book. Gives all the pluses and problems of marriage from learning to sleep without pillows or blanket to having someone around who can find all the really itchy spots on your back.

2127 - Your Golf Game Is In Big Trouble When... Your practice rounds are all in the bar and you've tried out 30 putters and none of them work and you play whole rounds without once hitting the fairway.

2128 - World's 23 Best Sex Fantasies. You'll find them all here. Your favorite and most secret fantasies described in incredibly colorful and funny rhyme.

2129 - Fun In the John. More fun than you ever dreamed possible. Crosswords, Bathroom Lists, Word Searches, Mystery Games, John Horoscopes, Connect The Dots, Mazes, and Much More.

2130 - How To Tell If It Was Good. It was good if your partner can't stop repeating your name. It was bad if your partner can't remember your name. It was good if your partner wrote you poetry. It was bad if your partner wrote you a prescription.

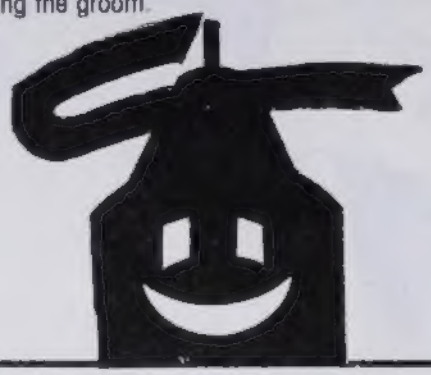
2131 - The Fart Book. Farts are divided into two groups. 1. Your farts. 2. Somebody's else's fart. This book lists them all, the Little Girls Don't Fart Fart, The Dog Did It Fart, the S'cuse me Fart and many more.

2133 - Lines To help You Score. The best lines of all times from "How can I love you if you won't lie down" to "I've had a vasectomy so you'll still be a virgin."

2134 - Sex Doesn't Count If - For every woman who feels the teeniest whisper of guilt, this book will assuage her conscience. Great excuses from "just trying to get even" to being on a foreign vacation.

2136 - The Shit List - The list is quite extensive and describes the versatile use of this clever word. There is, for example, "chicken shit" and "give a shit" and "shoot the shit". A very funny book, no shit.

2138 - How To Find A Man And Get Married In 30 Days - Guaranteed to get a laugh from every single woman. Covers all details from invitations to guest lists to color schemes and, oh yes, finding the groom.



2139 - It's Time To Have A Baby When - A gift for those working couples that need a little nudging to produce grandchildren. "It's Time To Have a Baby When all your friends are having them and your aunts ask if anything is new."

2140 - The Check Is In The Mail - Promises that "You may already have won $100,000" or "I'm from the government, I'm here to help you", assault us daily. This book examines a bunch of them.

2141 - I Need All The Friends I Can Get - A general friendship book that lets the giver say 'thank you' for help with a car, with moving or for consolation at the end of a love affair.

2142 - It's Nifty To Be 50. A new birthday book for women. It's Nifty to Be 50 when the kids are old enough to help willingly, and you can't be talked into activities you don't like in weather you hate.

2143 - You Know You're Born Again When...A serious Christian book. You know you're born again when you discover that believing is seeing, you turn your old fights into new insights, and God and you become a wonderful team.

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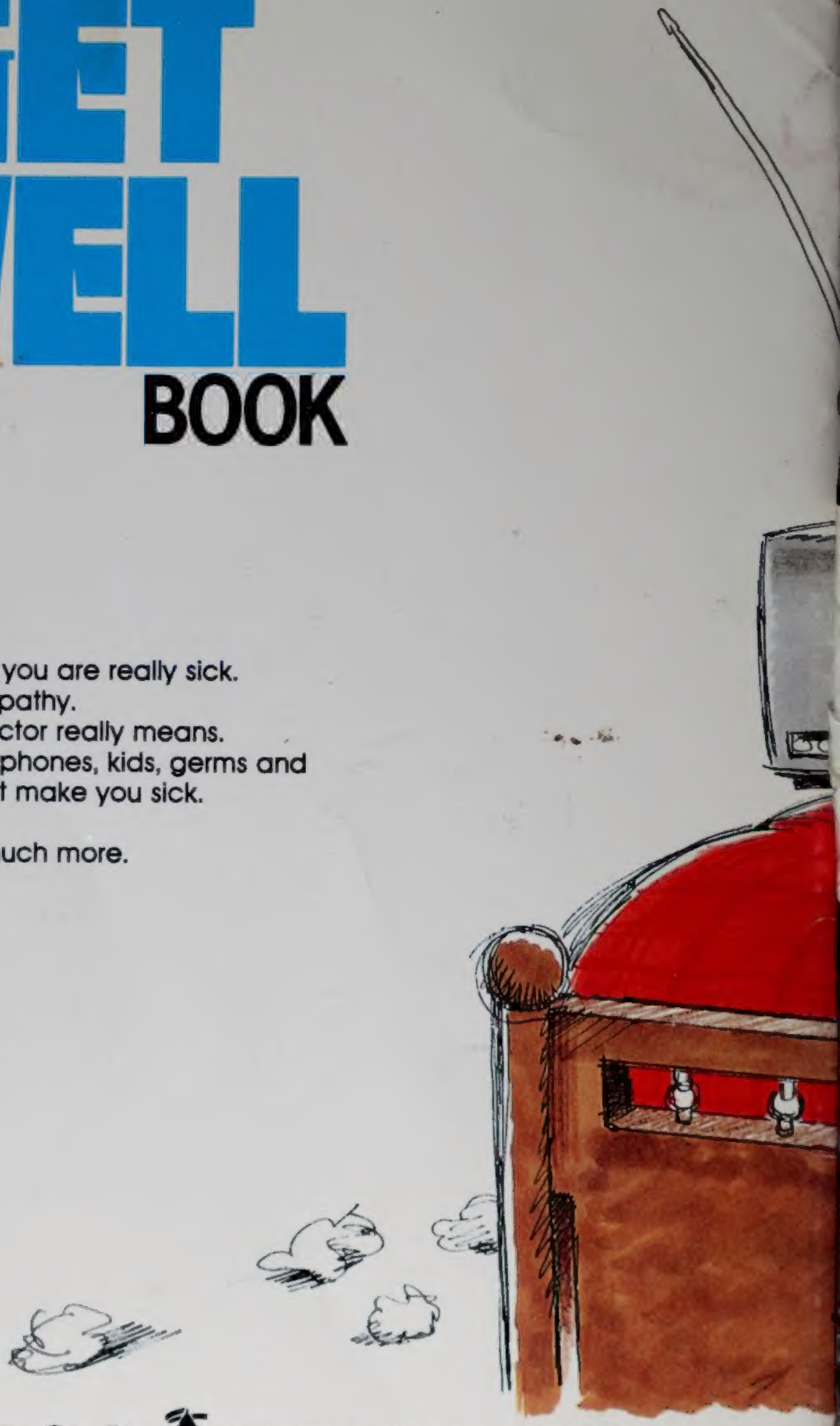

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